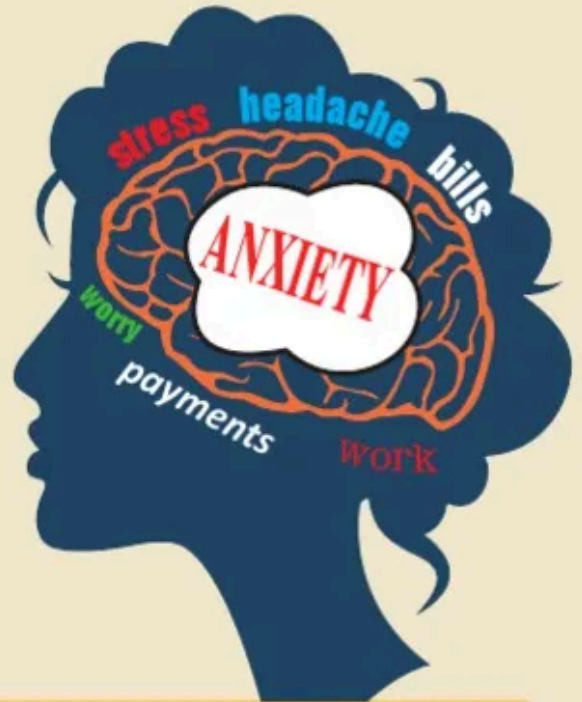




GLOBAL MEDICAL
EDUCATION
PRESENTS

WHAT ARE ANXIETY DISORDERS?



**Anxiety disorders
are among the
most common
psychiatric
disorders.**

WHAT ARE ANXIETY DISORDERS?

Individuals with an anxiety disorder can experience psychological or physical symptoms, or both.



PSYCHOLOGICAL SYMPTOMS

- Stressed out
- Emotionally drained
- Scared
- Worried
- Frightened
- Panicky
- Irritable



PHYSICAL SYMPTOMS

- Shaky
- Disturbed sleep
- Palpitations
- Headaches
- Chest tightness
- Stomach "twisted up in knots"

